## ABSTRACT

It is the object of this invention to provide a method of increasing the data throughput of a multi-hop wireless link. A method is provided which mitigates self-interference, without precluding the use of omni-directional transceivers. Distributed protocols for channel allocations in a multi-hop wireless communication system are described. These protocols result in channel allocations that increase the capacity utilization of the network and render the system robust to localized interferers and jammers.